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1. - 12. (Canceled)

- 13. (Currently amended) A system for self-monitoring by a moving person of body movements, comprising:
 - a) a video camera configured to generate a recorded video image or image sequence representing body movements of a-the moving person;
 - b) a monitor operatively coupled to the video camera for outputting the recorded video image or image sequence representing the body movements of the moving person; and
 - an insertion component configured to insert at least one moving marker dependent upon at least one position of the moving person's various body extremities, indicating a predetermined movement or body position, into the video image or image sequence representing the body movements of the moving person; to detect at least one of characteristic points, lines, contours, or and various body extremities equivalent characteristics of at least one of the person shown in the recorded video image, or and of the displayed area of the person, while the person is not moving; to automatically adapt the marker in a manner dependent on a detection result; and to automatically adapt a size or insertion position of the marker in a manner dependent on the detection results;

wherein the insertion component is configured to detect characteristic points, lines, contours, or equivalent characteristics of the moving person or of a displayed area of the moving person, wherein the moving person is performing a body movement sequence and is shown in the recorded video image sequence; and

wherein the insertion component is configured to automatically adapt the movement speed of the moving marker to the movement speed of the moving person or of a displayed area of the moving person.

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- 14. (Previously presented) A system as claimed in claim 13, wherein the insertion component is configured for inserting at least one stationary marker that is stationary during the body movement and indicates a predetermined, ideal body movement.
- 15. (Previously presented) A system as claimed in claim 14, wherein the insertion component is configured for inserting at least one stationary marker suitable for adjustment of the person with respect to the video camera.

16. (Canceled)

- 17. (Previously presented) A system as claimed in claim 13, wherein the insertion component is configured to automatically adapt a size and insertion position of the marker in a manner dependent on the detection result.
- 19. (Previously presented) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size or insertion position of the marker in a manner dependent on the detection result.
- 20. (Previously presented) A system as claimed in claim 13, wherein the system is configured for manually varying size or insertion position or movement speed of the marker.
- 21. (Previously presented) A system as claimed in claim 13, further comprising a storage component operatively coupled to the insertion component, wherein for a plurality of different predetermined body movement sequences, insertion data is stored for at least one marker, and the person may select from among the stored insertion data.
- 22. (Previously presented) A system as claimed in claim 13, wherein the moving marker comprises one or more point(s) or line(s).

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- 23 (Previously presented) A system as claimed in claim 22, wherein the one or more point(s) or line(s) form a stylized person.
- 28 (Previously presented) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size and insertion position of the marker in a manner dependent on the detection result.
- 29. (Previously presented) A system as claimed in claim 13, wherein the system is configured for manually varying size and insertion position or movement speed of the marker.
- 30. (Previously presented) A system as claimed in claim 13, wherein the system is configured for manually varying size or insertion position and movement speed of the marker.
- 31. (Previously presented) A system as claimed in claim 13, wherein the system is configured for manually varying size and insertion position and movement speed of the marker.
- 32. (Previously presented) A system as claimed in claim 13, wherein the moving marker comprises one or more point(s) and line(s).
- 33. (Previously presented) A system as claimed in claim 23, wherein the one or more point(s) or line(s) form an equivalent to a stylized person.
- 34. (Previously presented) A system as claimed in claim 32, wherein the one or more point(s) and line(s) form a stylized person.
- 35. (Previously presented) A system as claimed in claim 34, wherein the one or more point(s) and line(s) form an equivalent to a stylized person.